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FOR IMMEDIATE RELEASE

Trauma therapist trained in EMDR has written a children's book about nighttime anxiety.

Local Boise mom and therapist has incorporated nighttime worries and a darling wombat family into a delightful training tool for parents and caregivers to help kids with anxiety.

Boise, ID, USA 8/10/2021 - Wilson the Wombat and the Nighttime What-If Worries is Amy Orlovich's first book in the Wilson the Wombat series. The official release day is August 10, 2021, but is available for pre-order in ebook form and the hardcover version. A paperback will join the collection on the release date as well.

People who read this book will be pleasantly surprised with the three books in one style including a nighttime story of Wilson the Wombat and some of his family and friends, incredible facts about wombats and other fascinating Australian animals, and specific tools and coping skills to utilize to help kids and adult alike battle their bedtime worries.

One reviewer states, "The message in the book is wonderful and very inspirational - it makes the reader think about the "what-if worries" and how to combat them. I absolutely love this book! The facts about wombats are awesome (didn't know anything about them before this book!) and "The Wombat Bed & Breakfast" is absolutely adorable! The illustrator did a fabulous job too - SO cute and just perfect!"

Go to @wilsonthewombatbook on Instagram for up to date information and sneak peaks.

Amy Orlovich is a Licensed Clinical Professional Counselor (LCPC) in private practice at Waters Gone By, LLC, and she works a lot with people who have experienced trauma of all kinds and other mental health issues. Many kids struggle with the what-if-worries before bed and this book was written to help them learn to self-regulate and identify their worries while allowing their caregivers tools to encourage those behaviors. The book, like Amy, incorporates truth, silliness, and fun.